

It's Time to Grill some Beef

Beef dishes are quick, easy and packed with protein. The weather is getting warmer so break out the grill and invite your neighbors to dinner. This month we are bringing you lean beef recipes you can enjoy all summer long. Some of these recipes were given to us by the North Carolina Cattlemen's Beef Council and they come from the healthy beef cookbook. We knew these luscious lean beef recipes would hit the spot this time of year.

Wakefield's Healthy skirt steak over Farro salad

1.5 lbs. skirt steak

Marinade

½ cup red wine vinegar

¼ cup Dijon mustard

¼ cup fresh parsley

¼ cup olive oil

¼ cup prepared pepperoncini sliced

Salt/pepper to taste

Salad

2 cups whole wheat Farro Grain (cooked per instructions)

5 Roma tomatoes, seeded and diced

¼ cup fresh parsley chopped

½ cup good extra virgin olive oil

1/3 cup red wine vinegar or balsamic vinegar

2 pinches of dried red pepper flakes

Salt/pepper to taste

½ cup crumbled feta cheese

Marinate lean beef in 1st five ingredients (red wine vinegar, Dijon mustard, parsley, olive oil, and pepperoncini) overnight. Add salt and pepper to taste.

Remove beef from marinade and discard bag with marinade. Cook on gas grill super-hot for 4 minutes per side.

Prepare Farro according to package directions and add the tomatoes, parsley, olive oil, vinegar, red pepper flakes, and feta. Add salt and pepper to taste. Let salad sit for 4 hours to allow flavors to marry.

Lisa's Notes: Shawn Wakefield of Raleigh blew the judges away with this blue ribbon winner that is not only healthy but is also full of flavor. The whole wheat Farro salad is simply delicious.

Dijon-Wine Steak Kabobs with Mushroom Wild Rice

1 pound boneless beef round tip steak or top sirloin, cut 1 inch thick

Marinade

- 2 Tablespoons water
- 2 Tablespoons red wine vinegar
- 2 Tablespoons coarse-grain Dijon-style mustard
- 2 cloves garlic, minced
- 2 teaspoons vegetable oil
- ½ teaspoon coarse-grind black pepper

Skewers

- ½ small red onion, cut into ¾ inch wedges
- 1 small yellow squash, cut lengthwise in half then crosswise into 1 inch slices
- 1 small red or green bell pepper, cut into 1 inch pieces

Mushroom Wild Rice (recipe follows)

Cut beef steak into 1 ¼ inch pieces. Combine marinade ingredients in small bowl. Place beef and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Remove beef from marinade; discard marinade. Alternately thread beef, onion, squash, and bell pepper evenly onto skewers. Place kabobs on grid over medium, ash-covered coals. Grill, uncovered, 8 to 10 minutes for medium-rare to medium doneness, turning occasionally. Serve over Mushroom Wild Rice.

Mushroom Wild Rice

2 teaspoons vegetable oil

2 cups thinly sliced assorted wild mushrooms (oyster, cremini, and shitake)

1 package (6 ounces) long-grain and wild rice blend

Heat 2 teaspoons oil in large nonstick skillet over medium heat until hot. Add mushrooms; cook and stir until tender. Remove and keep warm. Meanwhile, cook rice according to package directions, omitting salt and butter. When rice is done, stir in mushrooms.

Lisa's Notes: You can always use metal skewers in place of bamboo and add any combination of vegetables to the skewers that you prefer, i.e. zucchini, mushroom, tomatoes, etc. This meal is perfect for a Friday night dinner with friends.

Asian Steak Salad

2 beef ribeye steaks, cut $\frac{3}{4}$ inch thick (about 8 to 10 ounces each)

1 package (6 to 8 ounces) vermicelli rice noodles

3 cups thinly sliced romaine lettuce

1 cup fresh bean sprouts

1 cup packaged matchstick carrots

$\frac{1}{2}$ cup thinly sliced green onions

$\frac{1}{4}$ cup chopped fresh cilantro

$\frac{1}{4}$ cup chopped fresh mint

4 slices lime (optional)

Marinade

$\frac{1}{2}$ cup reduced-sodium or regular teriyaki sauce

$\frac{1}{4}$ cup fresh lime juice

3 Tablespoons honey

3 Tablespoons vegetable oil

1 Tablespoon sesame oil

1 teaspoon chili garlic sauce

Combine marinade ingredients in small bowl. Cover and refrigerate $\frac{1}{2}$ cup for sauce. Place beef steaks and remaining marinade in food-safe plastic bag; turning steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.

Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 6 to 8 minutes (over medium heat on preheated gas grill,

covered, 7 to 9 minutes) for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning occasionally.

Meanwhile, prepare noodles according to package directions; drain well.

Carve steaks into slices. Divide noodles among 4 large shallow bowls; top with equal amounts of lettuce, bean sprouts, carrots, green onions, cilantro and mint. Drizzle with reserved marinade. Arrange beef on top. Garnish with lime slices and cilantro and mint sprigs, if desired.

Lisa's Notes: Warm weather and salads are a perfect combination. They are full of fresh vegetables, beef is packed with protein and salads are low on carbs.

Beef Lettuce Wraps

1 ½ pounds ground beef (95% lean)

1 large onion, chopped

2 cloves fresh garlic, minced

1 Tablespoon soy sauce

1 Tablespoon rice wine vinegar

¼ cup hoisin sauce

1 bunch green onions, chopped

2 teaspoon Asian sesame oil

1 medium cucumber, seeded, chopped

½ cup shredded carrot

¼ cup torn fresh mint

Salt and pepper, as desired

12 large Boston lettuce leaves (about 2 heads) or iceberg or romaine lettuce

Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until no longer pink, breaking up into small crumbles. Pour off drippings and set beef aside to cool. Cook the onion in the same pan, stirring frequently. Add the garlic, soy sauce, hoisin sauce, and vinegar to the onion, and stir. Add the green onions, sesame oil and cooked beef; continue cooking until the onions just begin to wilt, about 2 minutes. Remove from the heat and stir in the cucumber, carrots, and mint. Add salt and pepper to taste. Serve beef mixture in lettuce leaves.

Lisa's Notes: I have always enjoyed chicken lettuce wraps and now I can enjoy them with beef. I suggest mixing together some chili paste, white vinegar and soy sauce to drizzle over the beef just after you place the mixture in the lettuce leaves, gives it a little more sauce and flavor.